



Delaware Department of Health and Social Services COVID-19 Health Assessment Self-Screening Tool

DHSS employees who are working on site during the COVID-19 outbreak must perform a self-screening at home **BEFORE** reporting to work or school each day.

Please answer the following questions.

- In the past 14 days, have you been near (within 6 feet for at least 5 minutes) a person who has a lab-confirmed case of COVID-19, or have you had direct contact with their mucus or saliva?

- In the last 48 hours, have you had any of the following symptoms?
 - Fever of 100.4 F or above (or symptoms like alternating shivering and sweating)
 - New cough
 - New trouble breathing, shortness of breath or severe wheezing
 - New chills or shaking with chills
 - New muscle aches
 - Sore throat
 - Vomiting or diarrhea
 - New loss of smell or taste, or a change in taste
 - Headache
 - Nausea
 - Fatigue
 - Congestion or runny nose

If you answered **YES** to any of the questions above, do **NOT** report to work or school today. Instead, contact your supervisor and your doctor.

This screening tool was adapted from the Mayo Clinic's online COVID-19 Self-Assessment. To use the Mayo Clinic's tool online, visit [mayoclinic.org/covid-19-self-assessment-tool](https://www.mayoclinic.org/covid-19-self-assessment-tool).